



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Caspersen, Lene

Number: 95

Course: 26.20 km
26,2 km - Lauf

Category:
Seniorinnen W50 (50-54 Jahre)

Total time: 3:26:29

Speed: 7.56 km/h
Running performance: 7:53 min/km

Rank in course/Total: 537 (of 581)

Rank in course/Women: 89 (of 106)

Best time in course: 2:08:56

Rank in category: 16(of 19)

Best time in the category: 2:36:21

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Loddenke	3.30	23:02	6:58	16	3:37	73	7:14	3.30	23:02	6:58	16	3:37	73	7:14
Schlüsie	3.10	26:23	8:30	15	5:42	81	9:48	6.40	49:25	7:43	15	8:26	75	16:57
Hermannsklippe	2.60	24:42	9:30	16	6:29	86	10:07	9.00	1:14:07	8:14	16	14:55	81	27:04
Brocken	3.10	38:14	12:20	11	9:01	71	14:05	12.10	1:52:21	9:17	15	22:10	78	41:02
Eiserner Handwe	3.60	26:31	7:21	17	8:03	93	11:19	15.70	2:18:52	8:50	16	29:47	84	52:21
Schlüsie	4.10	27:29	6:42	18	9:33	98	12:23	19.80	2:46:21	8:24	16	39:20	88	1:04:44
Loddenke	3.10	19:32	6:18	16	5:55	88	7:25	22.90	3:05:53	8:07	16	45:15	90	1:12:09
Ilseburg/Markt	3.30	20:36	6:14	14	4:53	83	6:36	26.20	3:26:29	7:52	16	50:08	89	1:17:33